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Your essential daily news | MONDAY, JULY 27, 2015

High 31°C/Low 17°C Risk of thunderstorm

Janitors threaten walkout

LABOUR

'Tenants will find that things get pretty dirty pretty fast'

Haley Ritchie
Metro | Ottawa

The city might be in for a hot and smelly August now that 2,500 private sector janitors are threatening a strike action if negotiations don't improve.

Members of the Service Employees International Union Local 2 announced Sunday that they'll be walking off the job if negotiations for better wages and health benefits continue to stall.

The majority of cleaners make around $11.50 per hour and have no medical benefits, according to union spokesperson Diego Mendez.

"It's not enough to make ends meet at the end of the day," said cleaner Lyne Giard, who works at a city sewage plant. "Some people are working two or three part-time jobs so they can afford to pay the bills. It affects your health, and you don't have family time."

More recognition for the work they do wouldn't hurt either, according to Giard.

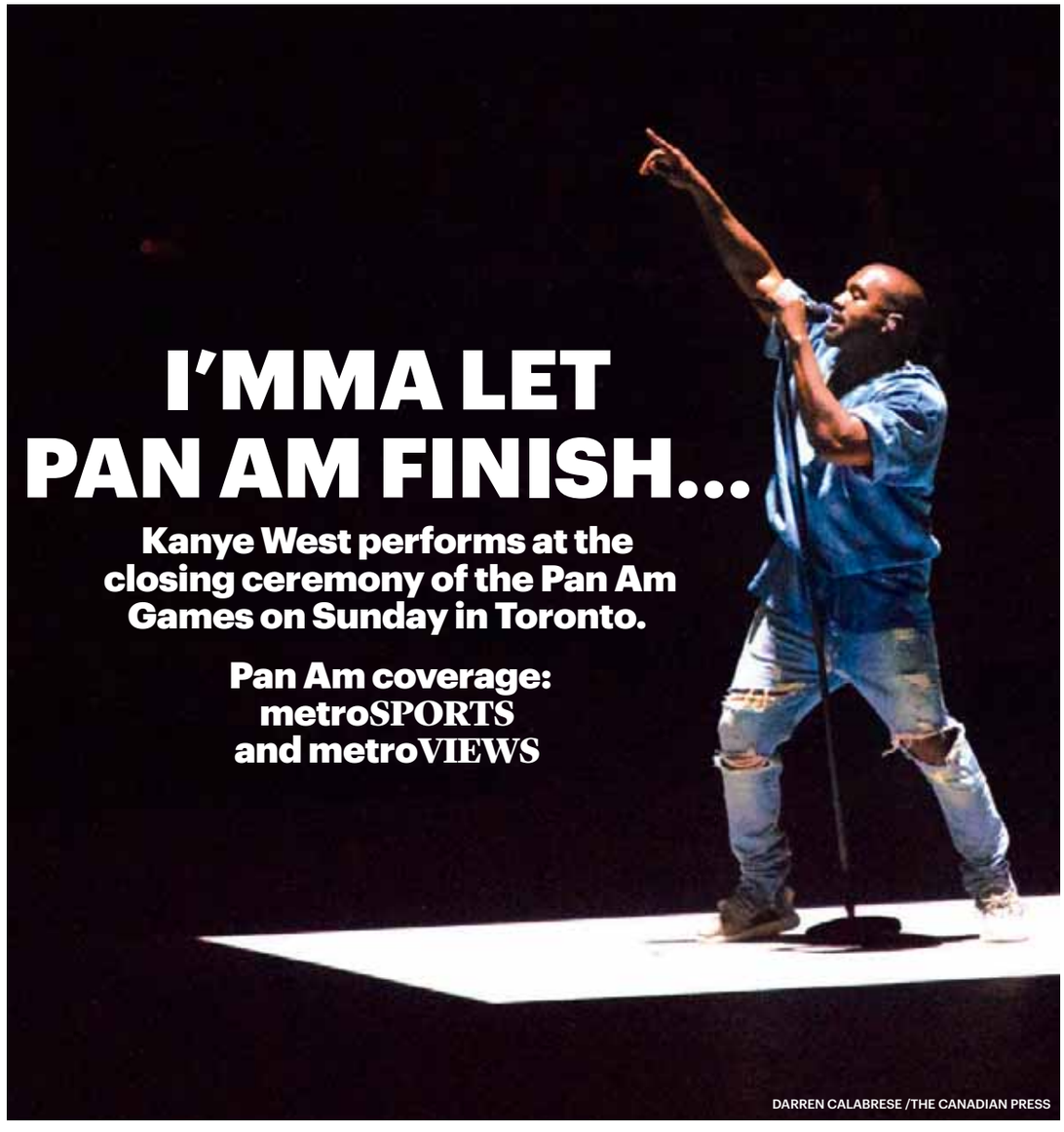
"Sometimes I do feel invisible," she said. "People come into the building in the morning and everything is clean. Many people don't realize the hard work and the effort or how low the wage is."

Mendez said a second member-wide vote would be required before the strikes begin. If that succeeds, rotating walkouts would begin in August.

"There's an element of surprise to the rotation People won't know when they're coming. It doesn't mean that at some point we won't do a larger walkout," he said. "Tenants will find that things get pretty dirty pretty fast, especially the washrooms. It's work that is not well respected, but it's really crucial to the functioning of buildings and to the health of workers."

Earlier in the year, the union launched a campaign called "Invisible No More" targeting federal buildings, asking the government for better wages.

"We've started the campaign in other places and it's worked," said Mendez. "In 2006, we started a campaign in Toronto to win benefits and start getting better wages and working conditions. We've been doing that work in Ottawa more recently."



I'MMA LET PAN AM FINISH...

Kanye West performs at the closing ceremony of the Pan Am Games on Sunday in Toronto.

Pan Am coverage: metroSPORTS and metroVIEWS

DARREN CALABRESE /THE CANADIAN PRESS

metro NEWS

Your essential daily news

Insurance companies might pay for medical marijuana **Business**

Ottawa firefighters assist police officers during a shooting investigation in Overbrook on July 14. As a war of words heats up between firefighters and paramedics over medical responsibilities, a Carleton University professor gives her opinion on how the emerging dispute can be resolved. JOE LOFARO/METRO

A burning question

EXPERT OPINION

Firefighters eye increased medical responsibility

Carleton University professor Susan Braedley has spent years documenting the expanding role of firefighters across Canada in responding to medical emergencies. As Queen's Park contemplates a proposal from the Ontario Professional Fire Fighters Association (OPFFA) to increase their medical responsibilities, Braedley offers advice on how to defuse the turf war between firefighters and paramedics.

What's causing the tension between firefighters and paramedics?

911 rates have gone up . . . and paramedic services have not experienced the kind of growth that one would expect from those stats. Fire services are assisting as first responders to meet the demand, and paramedics are worried about this, in terms of, first of all, being the wrong service and, second of all, in terms of their own jobs. Neither of those concerns is completely justified, but I understand the reasons for both.

From a fire(fighting) point of view, fire is already there. They're involved, and they have the possibility of being involved. They are already in our communities. Expanding scope of practice to do more in emergency medical response costs us very little and seems to make sense. Thus, the fight ensues.

You've said that you're not a fan of amalgamating fire services and paramedics, like in Winnipeg, because of differences in culture, unions and funding models. But you speak highly of the effect of "service integration" in that city. How does that work?

In Winnipeg, we see a primary care paramedic who is cross-trained as a firefighter on every fire apparatus. That means that everything in terms of medical assessment can get started the minute they arrive. The pressure is off paramedics in terms of their response rates. They don't have to be as fast. Paramedics do not have to go to every call.

> **I think if those two groups ever get together and collaborated on service integration, we would see some tremendous system improvement.**
>
> Susan Braedley, on the need for consultation between the OPFFA and paramedics

This has value added for the public in that they get the right care and the right time and that they don't get more than they need. It has tremendous benefits for taxpayers in terms of the use of tax dollars and it also allows paramedics to specialize and really advance their practice.

How has technology helped bridge the divide in Winnipeg?

Fire service goes in (first) with a tablet. While the firefighter/primary care paramedic is doing the assessment, another firefighter is entering the data on the tablet. When the paramedic and ambulance service arrives, the info they have taken is transferred by Bluetooth technology to (their) tablet so they have the data right in front of them.

All that data gets transferred back to respective services for statistical analysis. So there is a seamless process where technology is used for information exchange that really facilitates care. I saw it over and over again. It also supports trust between the two services.

What do you think of the OPFFA's proposal for firefighters to receive more medical training and be able to administer some medications?

What they're proposing is pretty mild stuff. To me, it makes sense. What I wish were included is more training on dealing with people with mental illness, people who are very upset or volatile, because in my work with fire services I see many, many instances where these skills are necessary. The other thing I would love to see is consultation between the OPFFA and the paramedics' association. I think if those two groups ever get together and collaborated on service integration, we would see some tremendous system improvement.

If the problem is that we need more medical responders, why not focus instead on decreasing hospital wait times to free up more paramedics?

We have to work at multiple levels of scale at one time. You can't say we're going to decrease wait times at emergency rooms and have people waiting for care on the street until that happens. Firefighters are there now. We've already paid for them. This makes perfect sense. I don't think it's an either/or proposition.

This interview has been edited and condensed for length.

TORSTAR NEWS SERVICE

THEIR WORDS

Firefighters from across Canada reflect on their changing role as emergency medical responders.

"It's something we do now, for sure, but it isn't what we're here for. But then again, who do you call who will actually come quickly when you need help? We are the only ones who have to come when you call, and if you are hurt or in danger — whether it's medical or fire or a car accident or whatever — we show up, and fast, every time."
Firefighter, Winnipeg

"Most of our calls, all but a very few, are to deal with the lonely, the losers and the unlucky. I don't mean to be harsh. It's just that you get trained for (defibrillation) and s—- like that. And you end up never doing it. But what we do has to be done."
Firefighter, Winnipeg

"We shouldn't be doing medicals, but there it is. What happens when we're out fussing with some old drunk who can't stand up when your house catches fire?"
Firefighter, Halifax

"We are an all-hazards response force ... that is what the old guard doesn't get. They are afraid of change, and they think fire-based medicals don't take skill. Well, they're wrong, dead wrong. We provide care and comfort, and it takes technical skills like defibrillation and emotional skills, like getting folks to calm down and behave when they're freaking out and other skills, too."
Firefighter, Vancouver

"Thirty-two years ago, I was the first generation to be trained as a first responder. We did three hours. And now they are trying to make us into doctors, but by adding a few more trainings? I am a firefighter ... it's like having an electrician wire your house and then start on the plumbing. You end up being jack of all trades and master of none."
Firefighter, Winnipeg

SOURCE: SUSAN BRAEDLEY, PULLING MEN INTO THE CARE ECONOMY: THE CASE OF CANADIAN FIREFIGHTERS, COMPETITION AND CHANGE

SUMMER NEW SPLASH PAD GUSHES NEW ADVENTURES Josiah Mayo, 5, plays in the newly opened water plaza splash pad at Lansdowne Park behind the Aberdeen Pavilion. The concrete plaza, which opened Friday, has water jets and a giant towering statue designed by Canadian artist Jill Anholt. HALEY RITCHIE/METRO

FIVE THINGS ON THE POLICE BOARD MEETING

It's the last week of reduced meetings at City Hall, with regular committees returning in August. This Monday the Ottawa Police Services Board meets at 5 p.m. for a long meeting, with several major issues on the agenda. Here's what to watch for. **HALEY RITCHIE** METRO

1. Crime Data
Ottawa resident Jan-Francois Grabowieck will be presenting as a public delegate on improving access to the city's crime data. While the City of Ottawa does have an open data website, there is no crime data included and available data comes pre-mapped on the police website.

2. Overall crime levels
Ottawa's overall crime level dropped two per cent in 2014. More importantly, violent crime was down by four per cent, meaning the city experienced less murder, robbery and fewer assaults. Drug offences also decreased by 11 per cent, and 99 per cent of drug-related offences were solved.

The change didn't affect all wards equally: Crime went up in several wards including Rideau-Vanier, which has the highest crime rate in the city. Other central wards where the crime rate went up include Kitchissippi, River and College.

3. Carding reform
"Street checks" or carding, the practice where police stop people for "suspected criminal activity" to ask for identification, has been a hot topic across the province. The practice has been criticized for racial bias after Torstar News Service ran a series of stories about people of colour being arbitrarily targeted.

On Monday, Ottawa police will be giving a presentation on the province's new mandate to come up with guidelines to avoid racial bias and unfairness. Police chief Charles Bordeleau said in June that he welcomes reform and sees carding as a useful tool in "preventing and evaluating and investigating crimes."

4. Police performance
Included in the annual report are a number of data points related to how the police did their jobs, including solvency rates, use of force and complaints received. In 2014 police solved 54.9 per cent of cases, only slightly down from 55.9 per cent in 2013. Use of force was up 10 per cent in 2014, with 485 use-of-force reports filed last year. Those reports are used when a firearm is drawn, discharged or when another weapon is used. Despite the increase, use-of-force complaints are down by 34 per cent. Overall complaints against police officers rose by 3.2 per cent.

Ottawa police chief Charles Bordeleau. JOE LOFARO/METRO

5. Financial Status
The police board will also be discussing the financial status of police services, as second quarter results have been released.

Right now, staff predict that the OPS will have a balanced budget in 2015.

The report focuses on a number of new financial pressures including overtime costs from two murders, on call costs from a grievance settlement and fewer insurance companies signing up for a new automatic payment plan than expected. OPS expect to balance those costs with extra revenue from providing security at events, the war memorial and the courthouse.

IN BRIEF

Four hospitalized after Barrhaven collision
Ottawa police are investigating a two-car collision in Barrhaven Saturday night which sent four people to hospital.

Paramedics responded to the intersection of Jockvale Road and Prince of Wales Drive at 6:48 p.m. One patient was hospitalized for "facial and musculoskeletal" injuries, according to paramedics.

Among those injured were a 30-year-old man with a head injury, a fractured arm and leg, and a 19-year-old woman with a back injury.

Paramedics also sent a 25-year-old man to hospital with a hand injury and a 58-year-old man with a back injury.
JOE LOFARO/METRO

Parents unite to fight off child-care centre closure

YORK STREET

Renovations set to shutter Beausoleil daycare

Parents are fighting to keep a Lowertown child-care centre open after the city announced the centre would close.

City staff told parents on July 8 that the Beausoleil Child Care Centre on York Street would be shuttered at the end of August due to renovation work on the Ottawa Community Housing building where it is located. The project includes renovating concrete balconies and some brickwork on the exterior of the building.

The city has worked to offer alternative spots for the centre's 49 displaced children, but for some parents, this has not been enough.

"We were taken by surprise and it was poorly communicated to us," said Suneeta Millington, a mother whose two-year-old son attends Beausoleil.

"We recognize that the building has to be renovated, but is it so urgent that the city can't keep it open for a few months while they accredit another facility?"

Parents have banded together to create SOS Beausoleil, a group hoping to save the centre, which offers francophone services to mostly low-income families, and has also served as a community hub.

The child-care centre at 333 York St. is slated to close in August due to renovations at the Ottawa Community Housing building where it is located. JOE LOFARO/METRO

The closure of Beausoleil will leave only two francophone city-operated child-care centres.

"The daycare really is a hub of the community, in one of the most strongly francophone communities in Ottawa," Millington said. "It's really a community space in many ways."

The city first communicated with the provincial Ministry of Education on May 5 to see if a new licence could be issued to move Beausoleil to another location, said Aaron Burry, the city's general manager of community and social services. The Ministry of Education immediately responded, saying there would not be enough time to relocate before the renovations started, as it would take six to 12 months to issue a licence for a new facility.

The city hoped it would still be able to operate the child-care centre in its location during the work, thinking Beausoleil would still have access to one of its two play areas, but on June 16, the city was told the construction would close down both. Burry did not say why it took until July 8 for the city to notify affected families.

"The city anticipated that the children and staff would have been negatively impacted by noise, dust, parking restrictions, movement of heavy machinery and the loss of the play yards," Burry said in a statement.

Parents blamed a lack of communication between the city and province for the fact they were not given notice until July.

"We recognize there are needs for renovations," Millington said.

"People are willing to tolerate inconvenience for the short term for a long-term solution, but we shouldn't have to bear the brunt of the city screwing things up because the left hand didn't talk to the right hand."

Rideau-Vanier Coun. Mathieu Fleury, who serves as the chairman of Ottawa Community Housing, said the internal delay came from a breakdown in communication between OCH and the city's social services department at the city, but for some reason the degree of renovations on the property didn't click," he said.

As of July 21, 33 children in the 46 subsidized spots at Beausoleil had been placed at different providers and seven of them had already left the child-care centre, according to the city.

The city has not committed to a specific date for Beausoleil's reopening, but the renovation work is expected to last two years.

ALEX ROBINSON/METROLAND MEDIA

IN BRIEF

Sens' Chiasson awarded one-year contract

Alex Chiasson of the Ottawa Senators has been awarded a $1.2-million US, one-year deal in arbitration on Sunday.

The restricted free-agent forward and the Senators went to arbitration with Chiasson asking for over $2 million and the team asking for $1 million.

Chiasson was part of the trade that sent Jason Spezza to the Dallas Stars last summer.

The 24-year-old had 11 goals and 15 assists in 76 games this past season.

"In our opinion, both sides made fair, detailed arguments and we are satisfied with the ruling of the arbitrator," Senators general manager Bryan Murray said. "We are happy to have Alex under contract and anticipate that he will be a productive player for us this season. Alex will be given the chance to have an important role in the team's success." THE CANADIAN PRESS

Man accused of assaulting two girls at pool

An Ottawa man is facing sexual assault charges in relation to alleged incidents with two young girls at the Kanata Wave Pool on Thursday.

Ottawa police charged Samuel Lute, 30, with two counts of sexual interference and two counts of sexual assault.

Police believe there may be more victims. They ask anyone with information to call the sexual assault and child abuse section at 613-236-1222, ext. 5944. METRO

AWESOME SUNDAYS WAR MUSEUM AND COLD WAR HISTORIC VEHICLE SOCIETY ROLL OUT MILITARY VEHICLE DEMO FOR KIDS With the Peace Tower in the distance, a woman's head pokes out of a tank as it rolls down a footpath behind the Canadian War Museum on Sunday. Museum staff put on a tank show in partnership with the Cold War Historic Vehicle Society to let kids sit inside tanks and other military vehicles, including one of the 200 remaining Alvis Supacats. The free event was part of the museum's Awesome Sundays series. JOE LOFARO/METRO

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LEGO THE FORCE IS STRONG WITH THIS ONE... Above: Lego Master Builder Paul Chrzan puts the finishing touches on an eight-feet-tall Yoda at Polo Park Shopping Centre in Winnipeg Sunday afternoon while a smaller Yoda statue watches on. Hundreds of kids, big and small, constructed "bricks" of Lego for Chrzan to use to put together the statue of the Jedi Master. Below: Chrzan holds up the smaller Yoda. ELISHA DACEY/METRO WINNIPEG

'Uncertainty' worries Fahmy

EGYPT

Journalist waits on Cairo court to hear terror verdict

Canadian Al-Jazeera English journalist Mohammed Fahmy listens to his lawyer Khaled Abou Bakr during his retrial in Cairo prison courtroom June 1. AMR NABIL/THE CANADIAN PRESS

Mohamed Fahmy's long-running legal battle is about to hit its climax.

A Cairo court is expected to deliver a verdict Thursday for the Canadian journalist being tried on widely denounced terror charges.

As the day approaches, Fahmy is hoping for the best, but bracing for the worst.

"In order to survive I have to think positively," he told The Canadian Press. "But the uncertainty is just horrible."

Fahmy was the Cairo bureau chief for Qatar-based satellite news broadcaster Al Jazeera English when he and two colleagues were arrested in December 2013.

They were charged with a slew of offences, including supporting the Islamist Muslim Brotherhood, a banned organization affiliated with ousted Egyptian president Mohamed Morsi, and with fabricating footage to undermine the country's national security.

The trio maintained their innocence, but after a trial which was internationally decried as a sham, they were convicted and sentenced to prison terms. A successful appeal resulted in a retrial which is set to end this week.

Fahmy, who was granted bail in February after more than a year in prison, is hoping for a verdict that won't send him back to prison, but notes his case is complicated.

"As much as we know we are completely innocent, we also know this trial is politicized and that factors other than evidence are going to be game changers," he said. "I am a pawn in Egypt and Qatar's rift."

Egypt and Qatar have had tense relations since 2013, when the Egyptian military ousted Morsi amid massive protests. Qatar is a strong backer of Morsi's Muslim Brotherhood and Cairo accuses the state-owned Al Jazeera of being a mouthpiece for Morsi's supporters — charges denied by the broadcaster.

Fahmy said there are a number of possible outcomes for him — incarceration, a suspended sentence, a sentence that credits him for time already spent in prison, or a not-guilty finding, though he said "it would be naive" to expect one.

In his favour, a technical committee tasked with examining work by him and his colleagues found there had been no fabrication in their reporting. Fahmy also hopes his legal team convinced the judge that he and his colleagues had nothing to do with the Muslim Brotherhood.

But evidence that Al Jazeera didn't have the necessary licences for its journalists in Egypt — something which led Fahmy to launch a lawsuit against the broadcaster — is extremely worrisome, he said.

"I explained to the judge that we had no clue," Fahmy said. "I told the judge he should separate between the responsibilities of the journalists and the responsibilities of the network."

THE CANADIAN PRESS

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FLORA MACDONALD

Trailblazing cabinet minister dead at 89

Flora MacDonald, who served as a senior cabinet member in two Progressive Conservative federal governments and made a run for the party's leadership in 1976, has died. She was 89.

MacDonald's long-time executive assistant Margit Herrman says MacDonald died in Ottawa Sunday morning. Cause of death was not immediately available.

MacDonald was the first woman to hold the foreign affairs portfolio, during Joe Clark's short-lived government in 1979 and early 1980.

MacDonald was born in 1926 in Cape Breton, Nova Scotia.

She was first elected to the House of Commons in 1972, after successfully running as the Progressive Conservative candidate in the Ontario riding of Kingston and the Islands. She held the riding until her defeat in 1988.

Flora MacDonald CP FILE PHOTO

MacDonald also held the posts of Minister of Employment and Immigration and later Minister of Communications in the government of Brian Mulroney.

THE CANADIAN PRESS

IN BRIEF

Conservative war chests

A riding association with savings will have the advantage during what is expected to be an extra-long election campaign this year. Here are the richest Conservative riding associations based on financial returns filed this month to Elections Canada:

- Calgary Southwest (MP: Stephen Harper): $444,373.15
- Calgary Midnapore (Jason Kenney): $311,357.41
- St. Catharines (Rick Dykstra): $305,078.66
- Lanark-Frontenac-Kingston (Scott Reid): $295,985.39
- Port Moody-Westwood-Port Coquitlam (James Moore*): $283,752.95

*Moore is not seeking re-election.

THE CANADIAN PRESS

Language Immersion Camp instructor Jason Parenteau (centre) helps out Holly Monkman (left) and Dawnis Kennedy as they learn the Ojibwe language. DAVE BAXTER/METRO NEWS

Passing on a language

CULTURE

Trailblazing program offers new way to teach Ojibwe

Dave Baxter
Metro | Winnipeg

For Dawnis Kennedy, learning to speak Ojibwe is about much more than just learning a language.

"I want to be who I was born to be," said Kennedy, 38, of Ojibwe decent.

"And without the language how do I understand that and see that?"

Kennedy spent last week taking part in the Language Immersion Camp at the University of Winnipeg's Wii Chiiwaakanak Learning Centre.

The week-long program taught Ojibwe language skills in a classroom, but also had participants go out and do activities while speaking the language.

Kennedy's grandparents spoke the language when she was a kid, but she didn't learn it well enough to speak it, which was difficult for her.

"I'd stay up at night and listen to them speak the language, and I loved the sound of it, and dreamed of being able to speak it.

"This is a way to bring full meaning to my life, and bring me even closer to my culture."

Wii Chiiwaakanak Learning Centre manager Jarita Greyeyes believes the program broke new ground.

"This is the first time we know of an adult Ojibwe immersion program offered in an urban setting," said Greyeyes, who said people came from all over Manitoba and even from the U.S. to take part.

The program saw participants do things such as jiu jitsu and yoga classes, and learn about plants and animals at Assiniboine Park, all while speaking the language.

"We learn the language, but then we go out and we use it," said Greyeyes.

> **This is a way to bring full meaning to my life, and bring me even closer to my culture.**
> Dawnis Kennedy

Greyeyes is also encouraged that young people participated, because she said it's important for youth to know the language as a way to keep it alive for future generations.

The program was offered for free, thanks to funding from the Dr. Tobasonakwut Kinew Fund for the promotion of Indigenous Culture, History and Language, as well as the Department of Canadian Heritage.

NOVA SCOTIA

Weapon incidents up in group homes

Government records show weapons incidents ranging from possession of pellet guns to knife threats have been rising in Nova Scotia's youth group homes, prompting childrens' advocates to urge improved access to mental health care and increased staffing.

There were 34 incidents involving weapons in 2014, up from 25 in 2013 and 19 in 2012, according to serious occurrence reports obtained under Freedom of Information legislation.

The records also say there were 24 cases of serious injuries of children in care — seven instances due to fights — since Jan. 1, 2012, though the province says none led to hospitalization.

Provincial officials say the figures include mostly minor incidents, and one private home operator says they shouldn't be taken as a reflection on the nature of kids in care.

"There is absolutely a certain percentage of children who have experienced a level of trauma, neglect and abuse within their family that has been unbelievable ... For them, to have a weapon is more for protection than an opportunity to harm somebody," said Ernie Hilton, director of the non-profit Homebridge group.

34
The number of incidents involving weapons in Nova Scotia youth group homes in 2014.

Hilton said youth workers are constantly training to improve their care of the children and to de-escalate violence.

The 18 residential centres covered in the records care for about 150 of the province's children, from 10 years old to older teens. THE CANADIAN PRESS

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IN BRIEF

Tour bus crashes in Peru

Some East Texas college students are among at least 15 foreign tourists hurt after their bus crashed in Peru.

Peruvian police say the bus overturned Saturday on a highway near the Pisac archaeological site outside of Cusco. Police said Sunday the driver apparently lost control on a curve.

The tour bus carried 19 people, including the driver and a guide. Four people suffered serious injuries. Several others were treated for minor injuries and released. THE ASSOCIATED PRESS

Spain wildfire prompts hundreds of evacuations

A wildfire racing through forested hills in northeastern Spain has forced the evacuation of several hundred people.

The blaze broke out Sunday afternoon in dry woodland and was being fanned by steady winds. Within hours the fire had charred around 450 hectares (1,100 acres). Firefighters said some 400 people were evacuated.

THE ASSOCIATED PRESS

House of Lords member resigns over racy photos

The deputy speaker of the United Kingdom's House of Lords has resigned his position after publication of photos and a video allegedly showing him using cocaine with prostitutes.

Lords Speaker Baroness D'Souza Sunday called John Sewel's alleged behaviour "shocking and unacceptable" and said she is calling in police to investigate on an urgent basis.

She said Sewel has stepped down from his special position in Britain's upper house. He remains a member of the House of Lords. THE ASSOCIATED PRESS

U.S. President Barack Obama delivers a speech — in front of American and Kenyan flags — at the Safaricom Indoor Arena in the Kasarani area of Nairobi, Kenya, on Sunday. Obama is travelling on a two-nation African tour where he will become the first sitting U.S. president to visit Kenya and Ethiopia. BEN CURTIS/THE ASSOCIATED PRESS

Obama gives hopeful message to Kenyans

HUMAN RIGHTS

President urges 'tough choices' to combat risk of corruption

Declaring Kenya at a "crossroads" between promise and peril, President Barack Obama on Sunday pressed the nation of his father's birth to root out corruption, treat women and minorities as equal citizens and take responsibility for its future.

Closing his historic visit with an address to the Kenyan people, Obama traced the arc of the country's evolution from colonialism to independence, as well as his own family's history there. Today, Obama said, young Kenyans are no longer constrained by the limited options of his grandfather, a cook for the country's former British rulers, or his father, who left to seek an education in America.

"Because of Kenya's progress — because of your potential — you can build your future right here, right now," Obama told the crowd of 4,500 packed into a sports arena in the capital of Nairobi. But he bluntly warned that Kenya must make "tough choices" to bolster its fragile democracy and fast-growing economy.

> **Here in Kenya, it's time to change habits.**
> President Barack Obama

Obama spent considerable time warning about the risks of government corruption, calling it an "anchor" that could weigh down the country's promising future.

"Too often here in Kenya corruption is tolerated because that's how it's always been done," he said. "Here in Kenya, it's time to change habits."

He urged an end to old tribal and ethnic divisions that are "doomed to tear our country apart" and spent significant time imploring Kenyans to respect the rights of women and girls, saying that marginalizing half of a country's population is "stupid." He also called for an end to forced marriages for girls who should otherwise be attending school.

"These traditions may date back centuries. They have no place in the 21st century," he said.

THE ASSOCIATED PRESS

FLIGHT TRACKER

App puts security of prince at risk

A British newspaper said it has uncovered a major royal security breach by using an inexpensive app to track Prince William's air rescue ambulance while it is in the air.

The Mail on Sunday said the 2.99 pound ($4.65) app allowed it to keep close track of William as he flew in his capacity as a private pilot with East Anglian Air Ambulance in eastern England.

It said the app allowed its journalists to pinpoint where William was planning to land the air ambulance helicopter.

It published photos appearing to show William's helicopter landing and of the prince himself talking to colleagues on the ground.

For a small extra fee, the Mail on Sunday said, users can receive a text alert every time the helicopter William uses takes off on a mission.

Air safety expert Christopher Yates told The Associated Press it would be relatively easy to modify software so that a helicopter William was using couldn't be tracked, but he said such a change may not be warranted even though William is thought to fly without a protection officer.

"Most of the time when an air ambulance is called it appears on the scene, scoops someone up and disappears," he said. "If there were someone monitoring, the chance of them being there at the scene when he arrives is quite remote. And we don't know from one day to the next if he's going to be on board. So I don't see a problem."

William's press office refused to comment, calling it a security matter. The Metropolitan Police also refused to comment.

The prince has made similar rescues while serving at a Royal Air Force base on an island off the coast of Wales.

THE ASSOCIATED PRESS

Prince William started his new role as an air ambulance pilot in Cambridge, England, on July 13. THE ASSOCIATED PRESS

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Bobbi Kristina Brown dead, family confirms

A representative for the Houston family has said Bobbi Kristina Brown, daughter of the late entertainer Whitney Houston and R&B singer Bobby Brown, has died, about seven months after she was found face-down and unresponsive in a bathtub. She was 22 years old.

Kristen Foster said Sunday, "Bobbi Kristina Brown passed away July, 26 2015, surrounded by her family. She is finally at peace in the arms of God.

"We want to again thank everyone for their tremendous amount of love and support during these last few months."

Police said she was found Jan. 31 in the suburban Atlanta townhome she shared with Nick Gordon, the man she called her husband. A police report described it as a "drowning."

Bobbi Kristina was the only child between Houston and Brown.

THE ASSOCIATED PRESS

EAST JAVA

Undersea quake hits off Indonesia

A strong earthquake hit off of Indonesia's main island of Java on Sunday afternoon, causing residents to pour into the streets, but there were no immediate reports of injuries or damage, and no tsunami warning was issued.

The U.S. Geological Survey said the magnitude-6.0 undersea quake was centred 93 kilometres south of the East Java province town of Krajan Tambakrejo, at a depth of 59 kilometres.

Indonesia's Meteorology, Climatology and Geophysics Agency said on its website that the quake had no potential to trigger a tsunami.

Residents in parts of East Java felt the quake for up to 6 seconds, the National Disaster Mitigation Agency said in a statement.

Local media reports said the quake was felt strongly in the East Java city of Malang, about 150 kilometres north of the epicenter, where some residents poured into the streets.

It also was reportedly felt on the resort island of Bali, which is just east of Java. THE ASSOCIATED PRESS

BACKGROUND

The Pacific 'Ring of Fire'

Indonesia is prone to earthquakes due to its location in the Pacific. A massive earthquake off Sumatra island in 2004 triggered a tsunami that killed 230,000 people in a dozen countries, mostly in Indonesia's Aceh province. THE ASSOCIATED PRESS

PLANNED PARENTHOOD

Official denies profit from fetal organs

The president of Planned Parenthood said her organization's clinics never adjust the abortion procedure to better preserve fetal organs for medical research and that its charges cover only the cost of transmission to researchers.

Planned Parenthood has come under congressional scrutiny after the release of two stealthily recorded videos by anti-abortion activists that showed officials discussing how they provide aborted fetal organs for research. Abortion opponents say the videos show the organization is illegally harvesting and selling organs. Three congressional committees are making inquiries.

Planned Parenthood's president, Cecile Richards, said Sunday the group has done nothing illegal and is the target of a political smear campaign.

"I stand behind the health care that we provide at Planned Parenthood. Women trust Planned Parenthood," Richards said. "And I look forward to anyone who wants to look into our policies and procedures."

Richards appeared on ABC's This Week. It was her first Sunday talk show appearance since a group called the Center for Medical Progress released two videos secretly recorded in 2014 and 2015 by people posing as buyers of fetal tissue. The videos were part of longer discussions, and Richards said the longer videos showed doctors repeatedly saying that Planned Parenthood does not profit from the tissue donations. THE ASSOCIATED PRESS

Shiite rebels known as Houthis hold up their weapons as they chant slogans during a rally against recent Saudi-led airstrikes in Sanaa, Yemen. HANI MOHAMMED/THE ASSOCIATED PRESS

Saudi-led airstrikes halt after ceasefire

YEMEN

Five-day humanitarian truce in effect to deliver aid

Saudi-led coalition airstrikes came to a halt in Yemen early Monday after a five-day humanitarian truce went into effect, witnesses and security officials said.

However, ground fighting broke out almost immediately in the restive city of Taiz following random shelling by Shiite Houthi rebels in three neighbourhoods, they said.

Security officials said ground fighting has also erupted in Marib province and in the area surrounding the strategic al-Anad military base in Lahj province.

Fighting in the southern port city of Aden has quieted, residents said, with an occasional volley of gunfire heard in the area immediately after the ceasefire took effect.

The Saudi-led and U.S.-backed coalition of mainly Gulf Arab countries has been waging an air campaign since March against the Iran-supported rebels, who control most of northern Yemen and the capital, Sanaa.

The pause declared by the Saudi-led coalition began at 11:59 p.m. (20:59 GMT, 4:59 p.m. EDT) Sunday. It is intended to help allow humanitarian aid to be delivered to ease the suffering of civilians in the Arab world's poorest country.

The coalition made the unexpected announcement about the humanitarian pause on Saturday. The statement, carried on Saudi state media, said the coalition will cease military operations, but that it will respond should Houthi rebels or their allies conduct any military actions or movements.

The rebels, known as Houthis, have expressed doubt over the truce. One Houthi official said it will likely mark "the beginning of a new war." Mohammed Ali Al-Houthi, the head of the Houthi's Revolutionary Council, said Sunday that the group had not received official notification of the truce from the United Nations.

U.N. Secretary-General Ban Ki-moon welcomed the coalition's announcement of the cease-fire and urged the Houthis and other parties to suspend military operations and "maintain the humanitarian pause for the sake of all the Yemeni people," Ban's spokesman said. Ban also urged all sides "to facilitate the delivery of humanitarian assistance to all parts of Yemen." THE ASSOCIATED PRESS

IN BRIEF

Hundreds attend mass to protest Satan statue

Several hundred people attended mass at a Detroit Catholic church over the weekend to protest an 8-1/2-foot-tall bronze statue of Satan that hundreds of people also lined up to see.

The Satanic Temple said it would unveil the statue Saturday at a Detroit location that only people with tickets would know. Hundreds lined up Saturday evening to get the tickets as Christian protesters rallied nearby. THE ASSOCIATED PRESS

NEW YORK

Teacher rises to role as first Hispanic FBI director

The first Hispanic to run the FBI's largest field office almost never got there.

As a school teacher in the late 1980s, Diego Rodriguez applied to join the FBI. But when it called hoping to recruit a Spanish speaker as part of a diversity drive, his response was, "I'm really happy teaching. Thanks, but no thanks."

Rodriguez eventually gave in and became an FBI agent mostly working drug cases. More than 25 years later, as assistant director in charge of the FBI's New York office, he's overseeing about 2,000 agents and some of the nation's most important terrorism, insider trading, cyber fraud and public coßrruption cases.

It's a potentially high-profile role. But while law enforcement luminaries like Police Commissioner William Bratton and U.S. Attorney Preet Bharara bask in the media spotlight, Rodriguez has remained largely in the shadows in his first six months on the job, reflecting a low-key approach that lets his agents' work speak for itself.

"I genuinely care about their cases, but I'm not a micro-manager," Rodriguez, 50, said in a recent interview in his lower Manhattan office. "They've got their own chain of command. The head of the office doesn't need to be meddling in certain things."

Rodriguez's modesty is rooted in humble beginnings: He was born in Colombia and moved to New York City with his family as an infant. He spent his childhood in working-class Queens, where his father turned him in to a lifelong soccer fan by taking him to see the legendary Pele play for the New York Cosmos.

After graduating from St. John's University and teaching middle school Spanish, he made his career switch and landed his first FBI assignment in a task force investigating money laundering by South American and Mexican drug rings. Over the years, he held various investigative and supervisory positions in Puerto Rico, Miami and Washington before being appointed in 2010 to head the New York office's criminal division. THE ASSOCIATED PRESS

Diego Rodriguez, assistant FBI director of the New York field office. THE ASSOCIATED PRESS

JAPAN

Small plane crashes into Tokyo houses

A small plane crashed into a quiet neighbourhood in Tokyo on Sunday, killing the pilot, a passenger and a woman on the ground, while three people were pulled alive from the wreckage, firefighters and TV reported.

The single-engine propeller plane plowed into and set ablaze a row of houses just minutes after takeoff from an airport used by small aircraft about 500 metres away in Tokyo's western suburb of Chofu.

Television footage showed a mangled plane, broken up with its tail upside down, resting on a crushed car on a residential lot as dozens of firefighters were battling the blaze and treating the casualties. The roofs of the two houses next to the site were also damaged.

> **I saw the house ... on fire, with a tail of the plane sticking out of it.**
> Minako Akiyama, a resident

Tokyo Fire Department spokesman Teruaki Seki said the dead included the pilot, one of the four passenger and a woman who was inside the house where the plane crashed into, setting it ablaze. Five others, including the three remaining passengers and two people on the ground, were taken to hospitals, but their conditions were not known.

Minako Akiyama, a resident in the neighbourhood, said she first heard enormous noise of something being torn.

"There was kaboom! I ran upstairs, then I saw the house just over there on fire, with a tail of the plane sticking out of it."

THE ASSOCIATED PRESS

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Carton Thornhill and Stephanie Guidroz, hang Stars of Hope on the Grand 16 theatre sign to honour the victims of a deadly shooting at the theatre. BRYNN ANDERSON/THE ASSOCIATED PRESS

Shooter got gun despite court order

LOUISIANA SHOOTING

Decades of mental illness but name was not in database

John Russell Houser was deeply troubled long before he shot 11 people in a movie theatre in Louisiana, but decades of mental problems didn't keep him from buying the handgun he used.

Despite public signs of mental illness — most importantly, a Georgia judge's order committing him to mental health treatment against his will as a danger to himself and others in 2008 — Houser was able to walk into an Alabama shop six years later and buy a .40-calibre handgun. It was the same weapon Houser used to kill two people and then himself at a Thursday showing of Trainwreck.

Court records strongly suggest Houser should have been reported to the state and federal databases used to keep people with serious mental illnesses from buying firearms, legal experts said.

In 2008 Houser's family accused him of threatening behaviour, warning authorities that he had a history of bipolar disorder and was making ominous statements. His wife removed his guns and the family persuaded a judge to issue a protective order keeping him away once he left the hospital.

This March, Kellie Houser filed for divorce, saying their relationship was irretrievably broken and John Russell Houser's whereabouts were unknown. He called her the next week, threatening her again, she wrote in a court document.

Then she got a call from Houser's mother, saying he had threatened to kill himself outside his mother's retirement community if she didn't give him money. She wrote that she urged the mother to seek to have him hospitalized again. Instead, police said, the woman gave her son $5,000 US.

THE ASSOCIATED PRESS

IN BRIEF

County has history of racial tension

The Texas county where a black woman died in jail after a traffic stop by a white state trooper has a long history of racial strife. Sandra Bland's death ignited long-simmering passions in Waller County. The county seat of Hempstead was once known as "Six Shooter Junction" because of white-supremacist violence in the 1800s. District Attorney Elton Mathis says he understands how people from outside would jump to the conclusion that Bland was killed rather than killed herself.

THE ASSOCIATED PRESS

Insurance coverage for pot on horizon: Experts

HEALTH

Sale of medical cannabis in gel caps could get docs on board

Canadians who have been prescribed medical marijuana could one day see their insurance company footing the bill, experts predict, following the introduction of new Health Canada rules that allow for the sale of cannabis oils.

Health Canada announced revamped medical marijuana regulations earlier this month after the Supreme Court of Canada ruled that users of the drug should be permitted to consume it in other forms, such as oils and edibles, rather than having to smoke dried buds.

"You're going to see insurance companies slowly start to creep into the sector," says Khurram Malik, an analyst at Jacob Securities Inc., noting that the new regulations will allow medical marijuana producers to sell gel caps similar to those made from cod liver oil.

That will allow for more precise dosing, Malik says.

"When you're trying to smoke a plant, you have no idea how much you're consuming, so that makes doctors a little nervous," he said.

Experts say the changes are a major step towards legitimizing the drug in the eyes of doctors and insurers.

A variety of the cannabis oil available to customers is shown at the Cannabis Buyers Club, in Victoria, B.C. Canadians who have been prescribed medical marijuana could one day see their insurance company footing the bill, experts predict. CHAD HIPOLITO/THE CANADIAN PRESS

"When something doesn't look different than other medicines, it becomes much easier for people to get comfortable with the idea that this is, in fact, a possible treatment option for patients," says Bruce Linton, the chief executive of Smiths Falls, Ont.-based Tweed Marijuana Inc.

However, medical marijuana producers still have one major hurdle to overcome before insurers begin routinely funding the drug — cannabis currently doesn't have a drug identification number, known as a DIN.

> **When you're trying to smoke a plant, you have no idea how much you're consuming, so that makes doctors a little nervous.**
> Khurram Malik, analyst at Jacob Securities

"If it was issued a DIN by Health Canada, it's quite likely that the insurance companies would cover it," says Wendy Hope, a spokeswoman for the Canadian Life and Health Insurance Association Inc.

As it stands, most insurance companies don't routinely cover medical marijuana. But some insurers, including Manulife, say they will consider making an exception if the employer has specifically requested it for one of its employees.

"It's up to the employer to ask if they want to have it covered," says Hope.

Earlier this year, Sun Life agreed to pay for a University of Waterloo student's medical marijuana prescription through his student health plan after the student union went to bat for him. Jonathan Zaid, 22, uses the drug to combat a syndrome called new daily persistent headache.

Some health insurance companies may pay for medical marijuana through a health spending account, says Hope. But, she adds, "my understanding is it doesn't happen often."

Malik says the main reason why medical marijuana doesn't have a DIN is a lack of rigorous, clinical research on its efficacy.

"The evidence is very circumstantial — not your typical 10-year, double-blind study that doctors and big pharmaceutical companies like to see," Malik said.

He suspects that's about to change. "You're going to see a lot of Canadian companies partnering up with universities overseas that are a little more progressive than the ones we have here, at least in this space, to drive this research forward and legitimize it in the eyes of doctors and get DIN numbers on these things," Malik said.

THE CANADIAN PRESS

RECALLS

U.S. set to fine Fiat Chrysler $105M

The U.S. government will hit Fiat Chrysler with a record $105 million US fine next week for violating laws in a series of vehicle safety recalls, a person briefed on the matter said.

The National Highway Traffic Safety Administration will reveal the fine on Monday. In addition, Fiat Chrysler will be required to buy back a group of recalled vehicles to get them off the roads, said the person, who didn't want to be identified because no official announcement has been made.

The company will make payments to owners of 1.56 million recalled older-model Jeeps with gas tanks behind the rear axle to bring them to dealers to install trailer hitches to help protect the tanks. The tanks are vulnerable and can leak gasoline if damaged in rear collisions. The company maintains the Jeeps are as safe as comparable vehicles built at the time, and it will not buy them back.

The fine beats the old record of $70 million US assessed against Honda Motor Co. for lapses in recalls of airbags made by Takata Corp.

At the July 2 hearing, NHTSA detailed an alarming litany of shortfalls: failure to notify customers of recalls, delays in making and distributing repair parts, and in some cases failing to come up with repairs that fix the problems. Some of the recalls date to 2013.

THE ASSOCIATED PRESS

SMARTPHONES

Samsung keeps top spot as market grows

Samsung remained the top global smartphone vendor in the second quarter despite slowing sales, while Apple and Chinese manufacturers boosted market share, a quarterly survey by research firm IDC suggested.

The survey showed the global market for smartphones grew 11.6 per cent from a year ago to 337.2 million units, the second highest quarterly total on record.

South Korea's Samsung led the market with a 21.7 per cent market share, even though sales dipped from a year earlier and its market share was below the 24.8 per cent in the same period a year ago. Apple, which briefly took the lead in the fourth quarter of 2014 with its new iPhones, saw its market share rise more than two points from a year earlier to 14.1 per cent, IDC said.

But some of the biggest gains came from Chinese manufacturers with their more affordable handsets. Huawei took the number three position with an 8.9 per cent share, thanks to strong European and domestic sales, which helped the Chinese group's 48 per cent year-over-year sales growth.

IDC said the entry-level smartphones are gaining ground as consumers move away from basic mobile handsets or "feature phones."

Xiaomi, a rising star from China, was the fourth largest vendor with 5.3 per cent of the market. AFP

IN BRIEF

Minister confirms Greek bailout talks delayed

Greece's labour minister Giorgos Katrougalos says the format of talks between the government and rescue lenders is still being worked out — confirming a delay in the negotiations for a third international bailout.

Bailout negotiators from the European Commission, European Central Bank and International Monetary Fund had been due to start arriving in Athens last Friday to start talks for the new rescue package worth an expected 85 billion euros ($93 billion US). But late Saturday, a government official said talks at a "technical level" were now set to start next Tuesday.

THE ASSOCIATED PRESS

EXPORT TERMINAL

B.C. finance minister heads to Malaysia to discuss LNG deal

British Columbia's finance minister has travelled to Malaysia to discuss a $36 billion liquefied natural gas (LNG) project in the province's northwest.

Michael de Jong will meet with officials over the next five days to discuss the ratification of a project agreement with Pacific Northwest LNG, a consortium led by Malaysia energy giant Petronas.

The province passed legislation this past week that allowed it to enter into an agreement with the consortium to build an LNG export terminal near Prince Rupert.

The Opposition New Democrats voted against the legislation, which protects Pacific Northwest LNG from targeted tax increases for 25 years.

B.C. Finance Minister Michael de Jong.
THE CANADIAN PRESS FILE

The project would be the largest private investment in B.C. history, creating 4,500 construction jobs and generating $8.6 billion in taxes and revenues by 2030.

The B.C. government estimates that travel and accommodation for the minister and his chief of staff will cost about $7,900.

"Now that the province has met its obligations, we are an important step closer to the company's final investment decision and the start of an LNG industry in B.C.," says de Jong in a statement.

"We will keep moving forward to make this incredible opportunity a reality so we can build our economic portfolio, and create jobs and opportunities for British Columbians now and in the future."

THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Monday, July 27, 2015

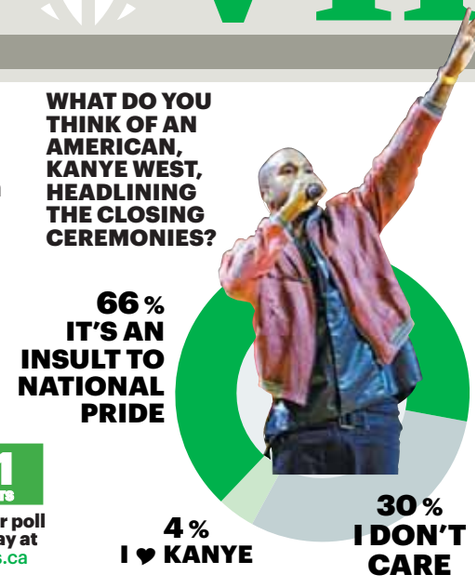
POLL: THE PRICE OF PAN AM

Canadians broke records at the Pan Am games, and Toronto got new facilities and a head start on a potential future Olympics. But the cost — $2.4 billion, shared among the federal, provincial and municipal governments and host universities — has some people seething. We asked our readers if the investment, which works out to $68 per Canadian, was worth its weight in gold (medals).

Were the Pan Am Games worth the $2.4-billion+ price tag?
19% YES, BUT I WISH IT WERE LESS.
31% YES! NEXT STOP, OLYMPICS!
50% NO WAY. WASTE OF MONEY.

751 RESPONDENTS

Answer our poll every Friday at metronews.ca


WHAT DO YOU THINK OF AN AMERICAN, KANYE WEST, HEADLINING THE CLOSING CEREMONIES?
66% IT'S AN INSULT TO NATIONAL PRIDE
4% I ♥ KANYE
30% I DON'T CARE

What do you wish the Pan Am money was spent on? (We asked readers to rank their choices from 1 to 9. This is the average).

1. Roads, bridges and infrastructure
2. Balancing the government's books
3. The Pan Am Games! I love them!
4. Health care
5. National childcare
6. Public schools
7. Green energy/environmental clean-up
8. Student loan forgiveness
9. Just cut us all a $68 cheque!

Ottawa Police Service: Falling crime, rising bills

COLLINS' CAPITAL

Steve Collins

Last week, police responded to a stabbing on a city bus at Lincoln Fields and another one, fatal, in Carlington. They charged a man with two sexual assaults at the Kanata wave pool and found a loaded gun in a car after it had been intentionally rammed.

Taken together, the week's headlines might suggest a summer crime wave is in progress, rather than a string of awful incidents which are, statistically, getting ever rarer.

The Ottawa Police Service's annual report, which goes to the Police Services Board Monday night, provides a timely reminder that this is a safe city that's getting safer.

The rate of reported crime fell two per cent last year, and violent crime by three per cent. The remaining crime is getting pettier, with a sustained five-year drop in Crime Severity Index.

Last year's seven homicides also marked a 30 per cent decrease from the year before, though percentages can swing pretty wildly when you can count a city's worth of murder on your fingers and, in a bad year, a couple of toes.

And these are the numbers for 2014, our supposed year of the gun, in which we freaked out over a spike in shooting incidents (most of which caused no injuries) and temporarily assigned more officers to the city's guns and gangs unit.

The six-month blitz resulted in charges against 221 people, the seizure of some 50 firearms — and 20 shooting incidents so far this year, about the same as this time last year.

Some cities have real problems. A friend of mine is still shaking off his fascination and culture shock from a recent trip to Detroit (300 murders last year, by the way, but still its lowest rate in 47 years).

He made friends with a storekeeper who offered to show him around. Before getting in the car for dinner, the gracious host casually stowed his handgun in the trunk.

Yet as crime continues falling, police budgets continue to rise. Last year, $133 out of every $1,000 in property taxes went to policing in Ottawa, the second-most expensive single service after transit, which can at least hold the budgetary line with fare increases.

Statistics Canada in 2010 warned of a 41 per cent increase in nationwide policing bills over the previous decade, mostly because of increases in police salaries and benefits.

Here in Ottawa, arbitration settlements awarded police 2.5 per cent raises in both 2013 and 2014, threatening those tidy budget caps imposed by city council, and another hit seems likely for this year.

The OPS annual report, while predicting a balanced budget, flags the latest round of arbitration as the biggest potential spoiler, or in the original bureaucratese, "the main issue on the horizon that may create pressures going forward which cannot yet be quantified."

The fear that you or someone you love will fall victim to crime is real, terrifying, and transcends any possible statistic. But paying more every year to fight an ever-shrinking risk just seems perverse.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

metroview

I would gladly pay more for a strong national broadcaster

The Pan Am Games weren't the popularity flop they once threatened to be.

But as a litmus test for the state of the CBC, they're troubling.

Ticket sales, once lagging, hit the one-million mark last week. About 46 per cent of Canadians have tuned in to the CBC or its partners to watch, organizers say.

But many viewers didn't like what they saw. Complaints poured in after the CBC didn't show key games — including Canada's gold-medal wins in baseball and basketball — on live TV, forcing spokesman Chuck Thompson to admit that the corporation's scarce resources played a role in the decision.

In other words, the broadcaster — which since 2012 has suffered a $115-million funding cut, the loss of lucrative NHL broadcasting rights, and the elimination of 657 jobs — decided it couldn't afford to do more with less. It sensed the potential for a flop and underinvested accordingly.

After losing the NHL, the CBC said it would focus only on amateur sports that let it break even. The Pan Am Games show what a limping CBC thinks it needs to do to make that happen.

It's ironic, then, that the Senate would suggest the CBC cover more amateur sports, in a report on the future of the broadcaster released last week. Nowhere, as the Globe's Kate Taylor notes, does the report explain how to pay for this.

Raising government funding certainly isn't on the list, even though amateur sports offer the perfect argument for a well-funded CBC, one willing and able to handle what profit-fixated private broadcasters won't touch.

Instead, the Senate report is the kind of map you'd hand to someone you hope will get lost. Given the conservative tint to the committee, perhaps that's the point.

The senators know we are watching a sinking mother corp.

That the CBC is underfunded is a matter of fact: It gets one-third the per-capita funding of the BBC, and the third-lowest among public broadcasters in Western democracies.

You could, as does the Senate, grasp at ways to make it a better, but still underfunded, public broadcaster.

But that's not the point, is it? Either you believe in the mission of a broadcaster beholden to Canadians, or you do not.

If you do, then pony up. I would gladly pay more than the paltry $29 a year we each contribute (I spend more on Q-tips).

If you don't, well then, just sit back and wait.

Because you can't have it both ways.

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Adam Sandler's Pixels coudn't overtake Ant-Man at the box office

Sentenced to stardom

INTERVIEW

Audiences love Litchfield's new inmate, and Hollywood is taking note

Australian actress Ruby Rose (right) stars alongside Taylor Schilling's Piper in Season 3 of OITNB. HANDOUT

North American audiences were introduced to Australian actress Ruby Rose on the third season of Netflix series Orange is the New Black, and she's quickly become a breakout star.

Rose plays Stella, an inmate at the women's prison who hits it off with Taylor Schilling's lead character, Piper.

In a recent interview, Rose said she's trailed by paparazzi, even at the airport. However, the attention she's gotten is welcomed because "my main goal is always acting."

"I had no opportunities before," she said with a laugh. "I was finding it really hard to get in the door here. Really hard. I couldn't get an agent, I couldn't get a manager, I couldn't get an audition. I couldn't do anything, and your hands are a little bit tied at that point. You have a visa that says it's for entertainment and you have no one that wants to represent you."

The 29-year-old is considering possible future projects, and says there's a possibility she'll return for the fourth season of Orange.

What was it like joining the cast?
I've never been in a situation like that where I've gotten to meet so many amazing women that are all so talented and independent and funny, and it's a very supernatural situation with that many talented people in one room at one time, all getting along. It's great. It was perfect.

You were a fan of the show first. How did it feel to meet these people?
The only one I went like, 'Oh, what's going on?' was with Laura Prepon. She had the prison outfit, the glasses, the brows and the hair. She was (her character) Alex walking down the corridor. I just went, 'Hi! You're really good-looking.' She's just so tall and statuesque.

Is there anyone you didn't have scenes with that you wish you did?
I did a lot of scenes with pretty much everyone. I think Laverne (Cox), maybe, I didn't get any scenes with (her), but we hung out a lot, and whenever she was there on the set, I would always go and sit in her room.

You also work as a DJ. How do you balance that with acting?
I get these weekend opportunities to travel to different parts of the world and DJ, so it's literally the perfect mix. I have a fantastic combination career. It's a hobby, but it's something I've done for the last 10 years and so it's always going to be part of me.

How did you start acting?
I actually went to school for acting when I finished high school, and about halfway through that first year I ended up booking MTV (in Australia) and so I proceeded to do television presenting, I had a clothing brand and created my own radio station.

I did all these crazy things and it was almost like they were all sidesteps to get me into the door with acting. ... I'm definitely where I want to be now and it feels amazing. THE ASSOCIATED PRESS

> **"I was finding it really hard to get in the door here. Really hard. I couldn't get an agent, I couldn't get a manager, I couldn't get an audition.**
> Ruby Rose, actress

MUSIC

Drake slams Meek Mill's claims

Hip-hop star Drake has hit back at charges he relies on ghostwriters for his songs, releasing a new track dissing his accuser which quickly went viral online.

Fellow rapper Meek Mill recently took to Twitter to accuse Drake of not writing his own songs and suggested that the Toronto-born artist retaliated by not promoting Mill's work.

Drake — whose latest mix tape topped the U.S. album chart and who recently headlined major festivals including Coachella — broke his silence late Saturday to respond in verse with a diss song entitled Charged Up.

The song soon hit No. 1 on Billboard's Trending 140 chart, which looks at social media impact in the United States.

"Wow, I'm honoured that you think this is staged," Drake raps over a minimalist beat.

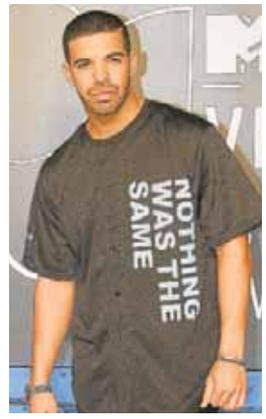
"I seen it all coming ... 'cause it ain't like I need the money I make off a feature," Drake said, presumably explaining why he did not promote Mill's album.

Referring to recent police killings of African Americans that have provoked outrage, Drake raps, "Cops are killing people with their arms up/ And your main focus is trying to harm us?"

Drake debuted the song on Apple Music, the tech giant's new streaming and radio service for which he has been a prominent spokesman.

Drake referred to his Apple collaboration in Charged Up as a way to tell Mill that he has been successful. Drake appeared to confirm in the song that the company paid him $20 million.

Mill, while not taking back his accusations, wrote on Twitter of the song: "I can tell he wrote that one, though." AFP



Drake hit back at Meek Mill with a new track. AFP

BACKGROUND

Quentin Miller shuts down ghostwriting claims
The man widely suspected to be Drake's alleged ghostwriter has spoken out and debunked the claims.

Quentin Miller issued a Tumblr post explaining his relationship with Drake and noted that his contributions to the rapper's recent record were always made clear in the song credits.

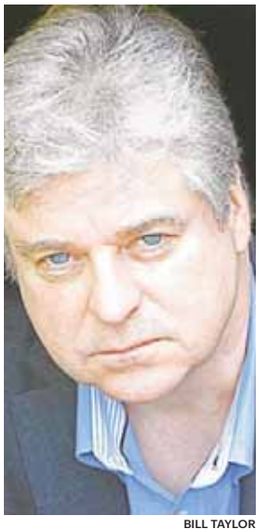
Philadelphia rapper Meek Mill initiated the conflict with a series of tweets arguing that Drake "don't write his own raps," including the Grammy winner's verse on Mill's recent song R.I.C.O.

Miller has a songwriting credit on that song, along with five tunes from Drake's surprise If You're Reading This It's Too Late.

In his post, Miller writes that he was an aspiring rapper, muddling in obscurity and working at a bakery, when Drake called him and told him he was "destined for greatness."

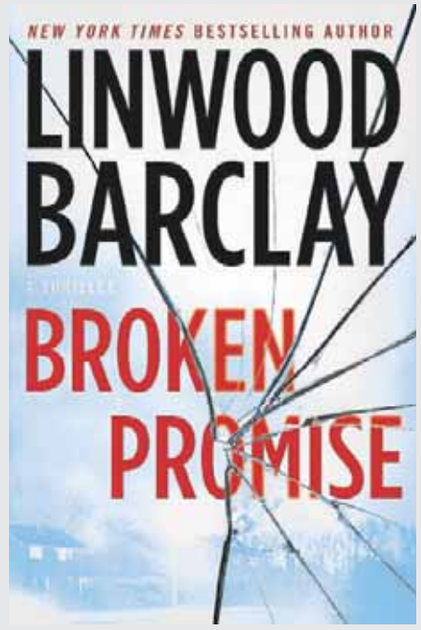
When Miller began work on Drake's project, it was already mostly finished, he writes. THE CANADIAN PRESS

BROKEN PROMISE — AN EXCERPT IN FOUR PARTS BY LINWOOD BARCLAY



BILL TAYLOR

As I rapped on it with my fist, I noticed a smudge on the door frame. It looked like smeared blood. As if someone had swatted the world's biggest mosquito there.



PART 1 OF 4

Something dark has infected Promise Falls

Bestselling thriller author Linwood Barclay returns this week with Broken Promise (Doubleday, July 28, $22.95) the first book in an explosive new trilogy.

As the novel begins, David Harwood uproots his life and young son after the death of his wife and the demise of his newspaper, and moves back into his childhood home in Promise Falls, N.Y., where he comes across an epic family secret.

In tomorrow's excerpt: Other strange things are happening in Promise Falls.

Excerpted from Broken Promise by Linwood Barclay. Copyright © 2015 Linwood Barclay. Published by Doubleday Canada, a division of Penguin Random House Canada Limited, a Penguin Random House Company. Reproduced by arrangement with the Publisher. All rights reserved.

"David," my mom said, "I wanted to ask what you might have on for this morning."

"Why? What's up?"

"I mean, if you have some job interviews lined up, I don't want to interfere, but I have some things to drop off for Marla." Marla Pickens. My cousin. "I made up a chili, and I had so much left over, I froze some of it. And I picked her up a few other things. Some Stouffer's frozen dinners. I don't think that girl is eating. Ever since this business with the baby, she just hasn't been right."

Dad, not taking his eyes off the screen, said, "It's been ten months, Arlene. She's gotta move on. She's gone a bit crackers, if you ask me."

When I got to Marla's, I grabbed the bags of food and mounted the three steps to the door. As I rapped on it with my fist, I noticed a smudge on the door frame.

It looked like smeared blood. As if someone had swatted the world's biggest mosquito there.

When Marla didn't answer the door after ten seconds, I knocked again. Five seconds after that, I let myself in. "Marla? It's cousin David!" Down the hall, I heard a kind of . . . mewing? A gurgling sound?

A baby?

"Marla?" I set the bags down on the floor and went down the hall, pushed open a door.

I had heard a baby. Nine months old, I guessed, and sucking contentedly on a rubber nipple, its tiny fingers attempting to grip the plastic feeding bottle. Marla held the bottle in one hand, cradling the infant in her other arm.

She studied my face and whispered, "I heard you call out, but Matthew's nearly asleep."

"Matthew?"

Marla smiled, nodded. "Isn't he beautiful?"

Slowly, I said, "Yes. He is." A pause, then: "Who's Matthew, Marla? I mean, who does Matthew belong to? Are you babysitting for someone?"

Marla blinked. "Matthew belongs to me, David. An angel brought him to me."

"Marla, what happened last year to you . . . and your baby . . . was a tragedy. We all felt so terrible for you."

Ten months ago. Marla had been devastated.

"Marla, tell me whose baby this really is, and why there's blood on your front door."

TAKING KIDS TO RESTAURANTS

Manners to dine for

What went down at Marcy's Diner in Portland, Maine, between the vacationing parents of an antsy toddler and the annoyed, profanity-prone restaurant owner is a case of she said-she said.

The pancakes took a long time. It was raining. An invitation to leave was extended, albeit not terribly politely. Words were exchanged both in the moment and later more vehemently on Facebook.

There was the inevitable social media storm after word of the July 18 showdown surfaced, including more than 6,000 comments on The Washington Post's website after Tara Carson, mom of the 21-month-old, put out her side of the story Wednesday.

So where does restaurant etiquette stand when children act up, even in a seemingly family friendly environment such as Marcy's? We break it down with a trio of experts:

Is it worth dining out with tots?

"In general, parents definitely *should* be bringing their kids to family-friendly restaurants to get them used to the experience of dining out. But you do have a responsibility to the people around you. If your child is crying and screaming at length, it's probably time to pay the bill and go," said the Emily Post Institute's Lizzie Post, co-host of the Awesome Etiquette podcast on American Public Media.

Elena Brouwer, based in Hollywood, Fla., an etiquette consultant for upscale restaurants and fancy hotels, said very young children shouldn't be anywhere near pricey places, especially at night.

April Masini, a New York relationship and etiquette expert who writes a column called Ask April, said parents should consider limiting restaurant forays with small children to fast-food restaurants. "The operative word is fast," she said.

Did the Carsons forget the Cheerios?

"Where was the colouring book? And everybody criticizes it, but where was the iPhone? When you recognize that your child is in that kind of a moment ... then it is time to leave the restaurant," said Post. (Carson did not respond to messages for comment.)

Before things get out of a control, it would also serve everybody to comp the meal of the frazzled parents to hurry them out the door, Brouwer said.

"Children who cry in public places, at length (more than five minutes), need to be taken outside by a responsible and understanding parent," Masini said. THE ASSOCIATED PRESS

Marcy's Diner in Portand, Maine, was the scene of a dustup over a cranky toddler. ROBERT F. BUKATY/THE ASSOCIATED PRESS

BORROWERS BEWARE

Watch out for one HELOC of a way to home equity havoc

What the heck is a HELOC?

The term HELOC refers to turning your house into a giant credit card with extremely low interest rates. If you think that sounds like a good deal, you're not alone.

HELOC is the acronym for a Home Equity Line of Credit. Many lenders will allow you to borrow money against the worth of your house at a much lower interest rate than on your credit cards or if you were using a line of credit that wasn't "backed" by anything.

The idea is that banks and credit unions can safely assume lending you money is relatively low risk because you can always sell your house to pay your debts.

Home equity is basically the difference between what your house is worth and how much (if anything) you still owe on your mortgage.

For example, if I purchased a home for $300,000, paid a $60,000 down payment, and then faithfully made my monthly payments for 10 years, I might have whittled my mortgage down to $165,000 or so. If my house was in an ice-cold housing market and hadn't risen in value at all during those 10 years, I would now have roughly $135,000 in home equity.

If I lived in a major Canadian urban centre over the past 10 years, my home is now probably worth at least 25 per cent more than I paid for it though; therefore, I'd have more like $235,000 in home equity.

Therein lies the HELOC trap.

As a Canadian millennial, I could be excused for thinking that the value of houses only goes up — and that it always does so quite drastically. If you follow that line of reasoning to its logical conclusion, there should be no harm in borrowing against the growing equity in your home, because as long as the value of the house goes up faster than you borrow against it, things will be fine.

Of course if interest rates suddenly rise, home values fall, and many other bad things happen — you could be caught financially skinny dipping when the tide goes out.

According to the Canadian Association of Accredited Mortgage Professionals (CAAMP), 27 per cent of people with mortgages in Canada in 2014 had a HELOC. Of those that had one, 90 per cent had an outstanding balance and the average amount outstanding was $57,000.

HELOCs can be great financial tools if understood and used properly.

If they are simply seen as the quickest way to marble countertops, a new boat, or that luxury vacation you've always wanted ...

Well, just remember, the tide always goes out eventually.

Kyle Prevost is a personal finance writer helping people save and invest at YoungandThrifty.ca.

HELOC DEFINED

Behind the acronym

- HELOC stands for Home Equity Line of Credit.
- HELOCs allow you to borrow money at very low interest rates.
- The temptation to use HELOCs to live above your means can get you in trouble in a hurry!

APP REVIEWS KRIS ABEL'S DIGITAL PICKS FOR THE WEEK

MIND THE APP
Kris Abel
@RealKrisAbel

FITNESS

Nike+ Running

•iPhone/Apple Watch/ Android
• Free
A new music update to the popular fitness tracking app means you can now use Spotify to generate a 100-song playlist based on a target BPM (bests per minute) determined from your own recorded pace goals and musical tastes.

GAME

Prune

• iPhone/iPad
• Rated: Everyone 4+
At its heart, Prune is about caring for a tree. It's a relaxing game where you must trim branches away from danger and towards the sun. Beautiful in visuals and poignant through music, its originality and ability to create a moving experience place it among the year's best.

KIDS

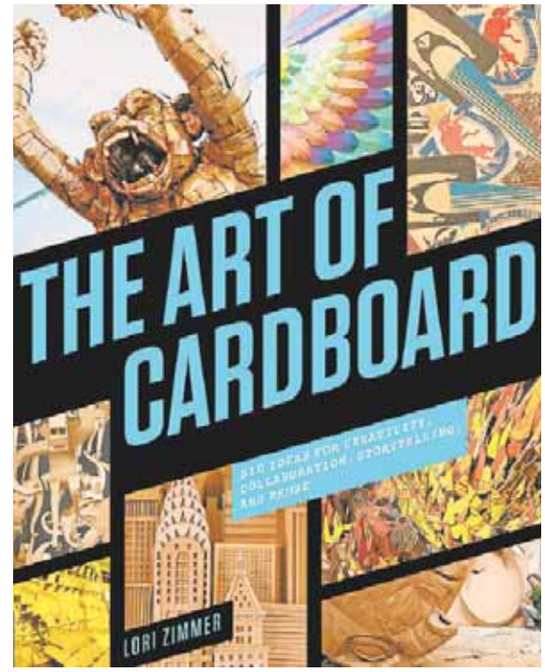
Roald Dhal's Twit or miss

• iPhone/iPad
• Free
The first in a series of apps celebrating author Roald Dhal, this mischievous food fight game has you deflecting the gross dinner morsels of fish heads, broccoli, and bird pies from Mr. Twit's beard to protect his wife's ever-boiling temper.

COOKING

Blue Apron

• iPhone
• Free
This weekly supply of seasonal, step-by-step recipes is richly presented with how-to videos, cooking tips, ingredient guides, and even a camera app with fun filters and effects. Although tied to a U.S.-only delivery service, the recipes are handy on their own.



EBOOK

The Art of Cardboard

• Kindle/iBooks/Kobo
From creating childhood castles to using storage boxes for our memories, cardboard boxes have long been a trigger for our imagination. Filled with zoomable photos, this gorgeous ebook explores the astonishing sculptures of eco-artists who see the spirit of sustainability in playful packing cartons.

VIDEO GAMES

Game marks 30 years of Mario

This September, in order to properly celebrate the 30th anniversary of its cult platformer, Nintendo will release Super Mario Maker, a new video game made for the Wii.

The game will allow players to build and share new levels for the famous mustachioed plumber.

On Sept. 11, two days before the anniversary of the release of Super Mario Bros., Nintendo will release Super Mario Maker, the latest in a long line of video games starring Mario and his brother Luigi.

Just like Little Big Planet, available on Sony consoles, this game will give players the chance to create their own levels to play and to share them with gamers around the world.

Beyond just creating their own levels, with the help of the Gamepad touchscreen, gamers will also travel back through time to previous Mario worlds.

Four previous games have been selected to serve as a creative base: the very first Super Mario Bros., Super Mario Bros. 3 (1988), Super Mario World (1990) and New Super Mario Bros. U (2012).

Super Mario Maker will be a tribute to Mario, one of the most widely recognized video game characters ever and one who has contributed significantly to Nintendo's, and video games in general, success around the world.

First released for NES on Sept. 13, 1985, Super Mario Bros. had a mustached plumber as its hero.

Having already played his part in the Donkey Kong games, in his own game, Mario is tasked with racing through the Mushroom Kingdom, surviving the main antagonist Bowser's forces, and saving Princess Toadstool.

Nintendo's Mario turns 30 in September. HANDOUT

The game's success should be a no-brainer considering the fact that until 2008 it was the most popular video game in history with over 40 million copies sold around the world. In fact, at a time when the gaming industry was hitting a wall, along came Mario to breathe life back into the business and make Nintendo the industry leader.

In 30 years, the company hasn't missed an opportunity to release multiple sequels and spinoffs of its Mario franchise, constantly upgrading the games with the release of each new gaming system.

This tidal wave of games translates to over 195 million titles sold since its creation, confirming the Mario franchise as the most popular video game in history.

So there is nothing surprising in Nintendo wanting to commemorate the 30th anniversary with a new game.

For the occasion, a new dedicated website has been put online, supermario.nintendo.com.

It gives the nostalgic or curious among us a trip back in time with Mario's greatest adventures.

AFP

metro SPORTS

Canada's men's basketball team's thrilling run ended with a 86-71 loss to Brazil in Saturday's gold-medal game

Mission accomplished

PAN AM 2015

Canada achieves goal of finishing 2nd in Games

From Day 1 of the Pan American Games, Curt Harnett says he knew Canadian athletes "were in it to win it."

By the final day, Canada's chef de mission and his team of 717 strong were basking in the most successful Pan Am performance in Canadian history.

"One podium performance quickly followed another, en route to our Top 2 place in the medals table," Harnett said Sunday at the Canadian team's closing news conference. "Like a parent, I could not be more proud, with each and every athlete on Team Canada. You delivered."

Canada set an ambitious goal of finishing second in the medal standings, and brought the team to do it. From swimmer Ryan Cochrane, to decathlete Damian Warner, to kayaker Adam van Koeverden, Canada fielded not only its largest ever team, but arguably strongest, for Toronto. It was a who's-who of athletes who will shine on sport's biggest stage at next summer's Rio Olympics.

Canada's women's kayak team of Michelle Russell, Emilie Fournel, KC Fraser and Hannah Vaughan kicked off the record run with gold in the K-4 500 on the morning of Day 1, in the first event of the Games.

And by the time the women's baseball team capped Canada's run to the podium with a silver medal, the host nation had amassed 217 medals, 78 gold, 69 silver, and 70 bronze.

> **We know that the road to Rio for many of these athletes will bring great things.**
> Curt Harnett

The mighty Americans will take home 265 — 103 gold, 81 silver and 81 bronze. Brazil finished a distant third with 141 medals.

Not everyone brought their top athletes to Toronto. The Americans fielded squads of mainly B-team athletes. Jamaica was missing its best sprinters, like superstar Usain Bolt.

Canada, meanwhile, topped its previous best of 197 medals when Winnipeg hosted the Games in 1999. Canada passed that mark with two days to go.

Along the way, Canadian stars were born, such as Kia Nurse, the 19-year-old who led Canada's women's basketball team to its first ever gold medal. Nurse was chosen to carry Canada's flag in to the closing ceremonies.

There was sprint phenom Andre De Grasse, won both the 100 and 200 metres, shattering his own Canadian record in the 200. The 20-year-old would have captured a third gold had the 4x100-metre relay not been disqualified for a lane violation.

Ellie Black leapt and tumbled to five medals in artistic gymnastics, as Canada's most decorated athlete at the Games. Whitney McClintock in water-skiing, Jasmin Glaesser in cycling, and swimmer Santo Condorelli each won four medals apiece.

Canada's men's softball team kept a firm grasp on gold, winning No. 8 in a row. No other country has ever won the tournament.

"At this Pan Am Games, top 2, I told you it was an ambitious objective, the way we like them. We like ambitious," said Canadian Olympic Committee president Marcel Aubut. "I told you also that I had incredible faith in this great, great Canadian team." THE CANADIAN PRESS

QUALIFIED

Canadian teams clinched berths in seven sports for next summer's Olympics in Rio de Janeiro, Brazil — women's three-metre springboard diving; duet synchronized swimming; the women's K1 in canoe/kayak slalom; equestrian team jumping; women's modern pentathlon; women's 10-metre air pistol and trap in shooting; and men's field hockey.

Canada's 78th gold medal of the Pan Am Games was won in women's softball on Sunday in Ajax, Ont. FRED THORNHILL/THE CANADIAN PRESS

FINAL PAN AM MEDAL COUNTER

MEDALS WON BY CANADA

78 69 70

FINAL-DAY PODIUM FINISHES

Canadian women snag softball gold medal

Canada's women's softball team beat the United States 4-2 in eight innings, giving the host nation a gold-medal sweep at the Pan American Games.

Canada opened up a scoreless game with four runs in the top of the eighth.

Joey Lye's single scored a pair of runs and was followed by Jennifer Salling's sacrifice fly and Erika Polidori's RBI single.

The loss was the first of the tournament for the U.S., which had cruised through the tournament with a perfect 5-0 record, including two wins over Canada.

The Canadian men won gold earlier at the Games with a 2-1 win over Venezuela.

Larissa Franklin of the Canadian softball team
HARRY HOW/GETTY IMAGES

Canucks topped by U.S. in women's baseball final

Anna Kimbrell hit a bases-clearing double in the fifth inning to open up a close game and lead the United States to an 11-3 victory over Canada in the women's baseball final.

Kimbrell's double off Canadian reliever Jessica Berube came with two outs in the frame and restored a five-run lead for the U.S., one inning after Canada had clawed back to score three.

Nicole Luchanski of the Canadian women's baseball team
RICHARD LAUTENS/TORSTAR NEWS SERVICE

Jenna Flannigan, Kelsey Lalor and Amanda Asay had RBIs for Canada.

Schmitt powers Canada to volleyball bronze medal

Canada won the men's volleyball bronze medal with a 3-1 victory over Puerto Rico.

Captain Gavin Schmitt of Saskatoon led the Canadians with 25 points, converting 19 of 27 spike attempts and scoring four points with his booming serve.

Aussie wins Canadian Open, Canuck takes 3rd

GOLF

David Hearn fails to break country's 61-year streak

Jason Day birdied his final three holes to overtake Canada's David Hearn and win the RBC Canadian Open.

Day shot a 4-under 68 Sunday to get to 17 under for the tournament. A birdie on the 18th hole sealed the victory.

"This must feel like what Tiger did for so many times, and it feels good," Day said. "I'm going to try to do as much as I can and keep it the same and try and win."

Bubba Watson was second at 16 under, while Hearn was third at 15 under.

"I gave it my all, I didn't quite have my best game," Hearn said.

Hearn was looking to be the first Canadian to win the event since Pat Fletcher in 1954.

"He was playing so good, he started off hot," Watson said of Hearn. "He putts unbelievable. There was so many putts that he hit that should've fell in. I don't know how they stayed out.

"For him and Canada that would've been a great story. That would've been his first win. How amazing would that have been?"

The Brantford, Ont., native went into Sunday with a two-shot lead over Watson, the world's third-ranked player, and Day, ranked ninth. Hearn's entrance to the first tee drew a roar from the crowd.

"It was a pretty special day with all of the fans and the support that I had from beginning to finish," Hearn said.

Despite missing with his tee shots, Hearn birdied the first two holes to go up by three. Bogeys on holes 3 and 7 put Hearn into some predictable trouble, given how well Watson and Day had been playing on the back nine.

Hearn missed birdie putts on 8 and 9 by centimetres, drawing loud "Aws" from the Canadian crowd.

Day was consistent on the back nine and turned his game up with birdies on 16, 17 and 18. Watson went on a roll to catch up as Hearn faltered.

Lamenting Day's incredible finish and long birdie putt on 18, Watson pointed out that caddie Ted Scott worked for Grant Waite when he lost to Tiger Woods at the 2000 Canadian Open on arguably the best shot of the legendary golfer's career.

"They finished second to a great play, and I finished second to a great play," Watson said.

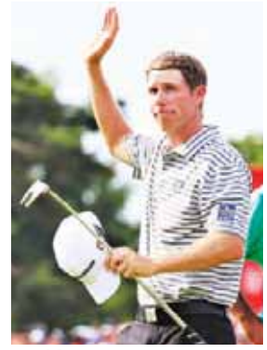
Hearn holed an 18-foot birdie putt on No. 13, but birdie misses on 14 and 16 ultimately kept him from tying Day. His shot into the bunker on 18 was the end.

As he left his news conference, Hearn said next year will be the 62nd for questions about Fletcher. Fourth-place finisher Jim Furyk doesn't expect the drought to last forever.

THE CANADIAN PRESS

Australia's Jason Day celebrates after putting for birdie on the 18th green to clinch victory on Sunday at the RBC Canadian Open at Glen Abbey Golf Club in Oakville, Ont. CLIFF HAWKINS/GETTY IMAGES

> **"I'm proud of the way I played and I'm really proud to be Canadian today. It was a pretty special day ... from start to finish.**
> Canada's David Hearn



David Hearn GETTY IMAGES

Chris Froome celebrates with Richie Porte GETTY IMAGES

TOUR DE FRANCE

Froome cycles to 2nd yellow jersey

Tour de France winner Chris Froome and his teammates pedaled slowly over the finish line, soaking up the applause Sunday on the Champs-Elysées.

Three weeks of furious racing, of beating back both a tenacious Colombian, Nairo Quintana, and doping suspicions that are Lance Armstrong's poisonous legacy to cycling, were over.

"The Maillot Jaune is special, very special," Froome said, using the yellow jersey's French name.

"I understand its history, good and bad," he said. "I will always respect it."

The Tour is still French. But British riders have won three of the last four: Bradley Wiggins in 2012 and now two for Froome, following his first win in 2013. That puts Britain equal with the United States, with three from Greg LeMond — and minus seven stripped from Armstrong.

Under suitably British weather, on rain-slickened roads, Froome took it easy on the last Stage 21, his work done having grimly resisted Quintana's late assault on his hard-won Tour lead the previous day on the final Alpine ascent.

The tired 160 riders — of 198 who started — didn't bother racing for much of the largely flat 110-kilometre ramble from Sevres, in the French capital's southwest.

To minimize risk of crashes, Tour organizers stopped the clock early, on the first of 10 laps up and down the Champs-Elysées' cobblestones.

That locked in Froome's lead to guarantee victory. He smiled broadly as he pedalled past flag-waving spectators. He still had to ride the laps to complete the full race distance of 3,354 kilometres (2,084 miles).

But knowing the title was his, he didn't have to panic when a paper bag got stuck in his back wheel. He simply stopped and changed bikes. He also had time to raise a glass of Champagne in the saddle and stop to put on a raincoat under the iconic yellow jersey. THE ASSOCIATED PRESS

NHL

Arbitrator awards Senator 1-year deal

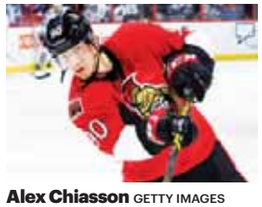
Alex Chiasson of the Ottawa Senators has been awarded a $1.2 million US, one-year deal in arbitration on Sunday.

The restricted free-agent forward and the Senators went to arbitration with Chiasson asking for over $2 million and the team asking for $1 million.

Chiasson was part of the trade that sent Jason Spezza to the Dallas Stars last summer. The 24-year-old had 11 goals and 15 assists in 76 games this past season.

"Alex will be given the chance to have an important role in the team's success," Senators general manager Bryan Murray said.

THE CANADIAN PRESS



Alex Chiasson GETTY IMAGES

IN BRIEF

Flames re-sign Paul Byron

The Calgary Flames signed Paul Byron to a one-year contract on Sunday.

The forward scored six goals and 13 assists in 57 games last season for the Flames. Byron, 26, has played 138 career NHL games, collecting 48 points. Calgary acquired the Ottawa native in 2011 in a trade with the Buffalo Sabres. The Flames signed three players this week including Josh Jooris, Turner Elson and Lance Bouma.

THE CANADIAN PRESS

FORMULA ONE

Misery for Mercedes at the Hungarian GP

The crushing dominance of the Mercedes Silver Arrows came to an abrupt halt at the Hungarian Grand Prix on Sunday, the first time since the final race of the 2013 season without either Lewis Hamilton or Nico Rosberg on the podium.

Mercedes entered it looking odds-on to have both of its drivers on the podium for the 10th straight race this season.

Instead, Hamilton finished sixth and Rosberg was eighth.

The end result was that, instead of heading into the summer break with Rosberg level-pegging, Hamilton moved 21 points clear ahead of the next race at the Belgian GP. THE ASSOCIATED PRESS

> **"I really don't have any words to describe what happened.**
> Lewis Hamilton

Jays tripped up in Seattle

Franklin Gutierrez gets a Gatorade shower after hitting a walk-off home run against the Jays on Sunday in Seattle. ELAINE THOMPSON/THE ASSOCIATED PRESS

MLB

Gutierrez' walk-off in extras finishes Bluebirds

Franklin Gutierrez homered with one out in the bottom of the 10th inning Sunday to give Seattle a 6-5 victory over the Toronto Blue Jays, a game the Mariners kept close with the aid of a triple play.

Gutierrez jumped on an 0-2 pitch from Aaron Loup (2-5) and drove it over the wall in left-centre for his third homer.

Nelson Cruz brought the Mariners even at 5-5 in the seventh with his 25th home run, a two-run shot to left off Bo Schultz.

Joe Beimel (2-1), who struck out one in one relief inning, picked up the win for the Mariners.

With Toronto leading 4-3, the Mariners turned a triple play in the fourth inning. Ezequiel Carrera drew a leadoff walk and moved to third on Kevin Pillar's single. Ryan Goins bounced out to first and Pillar was hung up between first and second, and Carrera stuck between third and home. Both runners ended up at third base and each was tagged out by catcher Mike Zunino.

Carrera and Josh Donaldson each had a solo homer for the Blue Jays, while Austin Jackson hit a solo shot for the Mariners.

The Blue Jays pieced together three runs in the second for a 4-1 lead. Justin Smoak hit a leadoff single and Russell Martin doubled into the left-field corner. Smoak came home and Martin moved to third on a balk by Mariners starter Taijuan Walker. Carrera bounced an RBI single up the middle to make it 3-1. Pillar then reached on an error when his routine grounder went under the glove of second baseman Chris Taylor.

With two outs, Jose Reyes drew just the second walk issued by Walker since June 15 to load the bases and Donaldson followed with a sacrifice fly.

Seattle cut the lead to 4-3 in the third, but managed just two runs despite five hits and a walk.

THE ASSOCIATED PRESS

SUNDAY In Seattle

6	5
MARINERS	BLUE JAYS

2

Mark Buehrle, who had not allowed more than two earned runs in his previous nine starts, was tagged for three runs and 10 hits in 5-2/3 innings.

MLB IN BRIEF

Mets 3, Dodgers 2
Zack Greinke's shutout streak ended at 45-2/3 innings when the Mets scored the first of two scratch runs against him, and New York beat Los Angeles 3-2 Sunday on newcomer Juan Uribe's single off the wall in the 10th.

Pirates 3, Nationals 1
Gerrit Cole became the majors' first 14-game winner, leading Pittsburgh to the win.

Cole allowed a run and seven hits in 7-2/3 innings while improving to 3-1 with a 2.40 ERA in four July starts.

He struck out eight and walked none.

Royals 5, Astros 1
The Royals used Yordano Ventura's seven sharp innings to beat the Astros.

Ventura (5-7) allowed one run and six hits in just his second win in his last seven starts.

Yankees 7, Twins 2
Yankees right-hander Nathan Eovaldi pitched impressively into the ninth inning, and Chase Headley and Stephen Drew homered.

Eovaldi (10-2) came out to start the ninth but was pulled after giving up a leadoff double to Miguel Sano.

He allowed eight hits and walked one.

BLOCKBUSTER

Royals trade for ace pitcher Cueto

The Kansas City Royals acquired Johnny Cueto in a trade with Cincinnati on Sunday, sending three prospects to the Reds for an ace for the front of their beleaguered rotation.

Kansas City has the best record in the AL in the year after losing to San Francisco in Game 7 of the World Series.

But Yordano Ventura has underperformed this year and Jason Vargas will miss the rest of the season after he injured his elbow last week — increasing the need for pitching help.

THE ASSOCIATED PRESS

Johnny Cueto
GETTY IMAGES

SOCCER IN BRIEF

Villa's NYCFC overcome Larin's hat trick for Orlando
David Villa scored two goals to help New York City FC overcome a hat trick by Brampton, Ont., native Cyle Larin and beat Orlando City 5-3 on Sunday.

Villa's second goal, his 12th of the season, broke a 2-2 tie in the 67th minute, Thomas MacNamara added another in the 71st and NYCFC (6-9-6) led the rest of the way.

Larin's final goal pulled Orlando City (6-9-6) to 4-3 in the 85th, but after Kaka hit the post on a free kick that would have tied it in stoppage time, Mix Diskerud broke out and capped the scoring seconds later.

Espindola pushes D.C. United past Philadelphia
Fabian Espindola scored the winning goal and had an assist and D.C. United overcame an early two-goal deficit to beat the Philadelphia Union 3-2 on Sunday.

Espindola's header, on a cross from Chris Korb, in the 79th minute gave D.C. United (11-7-5) its first lead.

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NASCAR

Busch back in Indy winner's circle

Kyle Busch's incredible comeback rolled through Indianapolis Motor Speedway, where Busch won the Brickyard 400 on Sunday for a weekend sweep.

Busch missed the first 11 races of the season with a broken right leg and broken left foot. He returned in late May and has won three consecutive Sprint Cup Series races and four of the last five.

Now he has a prestigious Brickyard victory, one of NASCAR's elusive crown jewels.

THE ASSOCIATED PRESS

Kyle Busch won the Brickyard 400 on Sunday in Indianapolis. GETTY IMAGES

RECIPE Watermelon Pizza

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Great presentation for a dessert or appetizer. If the balsamic vinaigrette gets too thick, add more maple syrup and heat gently. Be sure to pour the vinaigrette over the melon just before serving.

Makes 8 wedges.

Ready in
Prep time: 10 minutes

Ingredients
- 2 horizontal slice round slices of watermelon (1-inch thick)
- 1 1/2 oz crumbled feta cheese
- 3 Tbsp chopped mint or basil
- Balsamic Vinaigrette
- 1/3 cup balsamic vinegar
- 1 Tbsp maple syrup

Directions
1. Place watermelon rounds on large serving plate. Sprinkle with feta and mint.

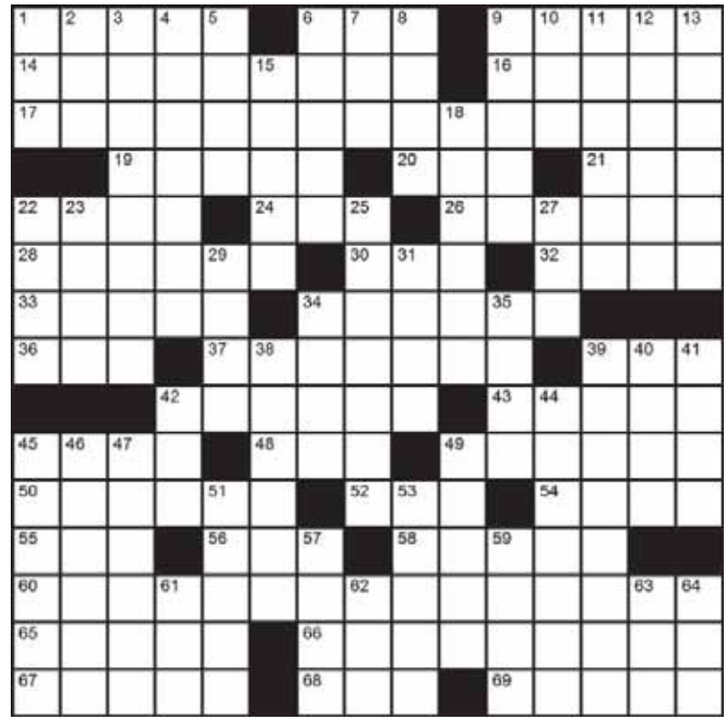
2. In a small skillet, add vinegar and maple syrup and cook on a high heat for one to two minutes until entire surface is bubbly. Drizzle over melon. Cut into wedges.

Nutrition per serving
- Calories 30
- Protein 1 g
- Carbohydrates 3 g
- Fibre 0 g
- Total fat 1 g
- Saturated fat 1 g
- Cholesterol 3 mg
- Sodium 60 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "_ Work It Out" by The Beatles: 2 wds.
6. Fella
9. _ Trinket, Elizabeth Banks' role in 'Hunger Games' movies
14. Favourable
16. Holds on property
17. Nova Scotia: Aqua occupation for a Dalhousie University graduate, perhaps: 2 wds.
19. Of the nose
20. Piquancy
21. Fifth music note, variantly
22. Poetic foot
24. Las Vegas state, for short
26. In fine _ (Healthy/fit)
28. Gets burned in the kitchen
30. Hard water
32. Observer
33. Thing that measures, say
34. Ukulele wood
36. Keats specialty
37. Bid-placing event
39. 'Motor' suffix
42. Constricting snake
43. Bus station
45. Slightly unshut
48. "The Star-Spangled Banner" contraction
49. Cheerleader's prop
50. Handwasher's peeve: 2 wds.
52. Not nay
54. _ Skye, singer Donovan's actress daughter
55. Caesar's 551
56. The Company org.
58. Fanatic sects
60. Interest for a Parliament Hill journalist: 2 wds.
65. Quaintly bless with oil
66. Driving length (Based-in-Winnipeg international financial services holding company)
22. It _ _ hot in here = Turn on the air conditioner
23. _-tongued
25. Triumph
27. Salada product
29. Sturdy horse cart
31. Abel's brother
34. Tooth complaint
35. Language family, _-European
38. Perfect place
39. Face-to-face
40. Diving bird
41. Betty Grable movie, "When My Baby Smiles _ _" (1948)
42. What the amateur turned
44. Sender of signals, say
45. Near _ _ (Spread out)
46. Dolly Parton song title lady
47. Lines spoken directly to theatre audiences
49. Brazil's Sao _
51. Like the cottage-owner's expansive lands
53. School, in Sherbrooke
57. _-Seltzer
59. Droopy
61. "Shine a Little Love" gr.
62. Photos, fun-style
63. Debit opps.
64. The Outsiders author Ms. Hinton's

DOWN
1. Typing stat.
2. Cenozoic, for one
3. Ears! Husks! Kernels! in Canada
67. Lay grassy rolls again
68. Timber! tool
69. De-crease

Edmonton _ _ (Agri-attraction in Spruce Grove, Alberta with the slogan 'Get Lost')
4. Good-humoured
5. Writer Anais'
6. Religious book
7. Single
8. Weed _ _ (Gardening brand)
9. Get hitched in Vegas
10. _ Newtons
11. Spunky
12. Footwear accessory
13. Swimmer/actress Ms. Williams
15. Mr. Penn's
18. Great-West _ Inc.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There are so many offers to choose from and they all sound so good you may find it hard to decide. Once you have made your selection, stick with it. The less you flip flop the more you will get done.

Taurus April 21 - May 21
Good fortune is heading your way and family and finances are especially well-starred. Everyone will marvel at your ability to get things done with the least amount of effort.

Gemini May 22 - June 21
You must watch what you say. Not everyone is as good at taking criticism as you are at dishing it out, and if you upset the wrong person you could make an enemy.

Cancer June 22 - July 23
You are the type who demands perfection of yourself, but the current cosmic set-up is urging you to be less driven and to see that you don't have to be the best at everything.

Leo July 24 - Aug. 23
Now is the time to give form to a dream you've had in the back of your mind for many years. It might seem outrageous to some but the planets indicate it will come true.

Virgo Aug. 24 - Sept. 23
You need to get serious about your long-term ambitions. Some kind of breakthrough is imminent, but don't just sit there waiting for it to happen — get out into the world and make it happen.

Libra Sept. 24 - Oct. 23
If there's something you've wanted to do for years but have never got around to, now is the time to get your act together and show the world you mean business.

Scorpio Oct. 24 - Nov. 22
If you trust your instincts and follow your hunches you can achieve great things over the next few days. Creative activities are especially well-starred.

Sagittarius Nov. 23 - Dec. 21
Recent weeks may not have been easy but what happens this week will convince you that a corner has been turned. If you trust fate to guide you it won't be long before you find true happiness.

Capricorn Dec. 22 - Jan. 20
This is no time for regret or remorse. You cannot change what's already happened, you can only learn from it and do a better job next time. Always look forward, never back.

Aquarius Jan. 21 - Feb. 19
What goes right today will be wonderful and what goes wrong won't hurt you in the slightest. You will know instinctively if a gamble is worth taking — and most will be.

Pisces
Feb. 20 - March 20
Decide what you want to do, then do it. Yes, some people will kick up a fuss but what can they actually do to stop you? It's your life and it's up to you what you do with it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1	5			6		8		
4		9	2		8		7	
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	7		4				5	
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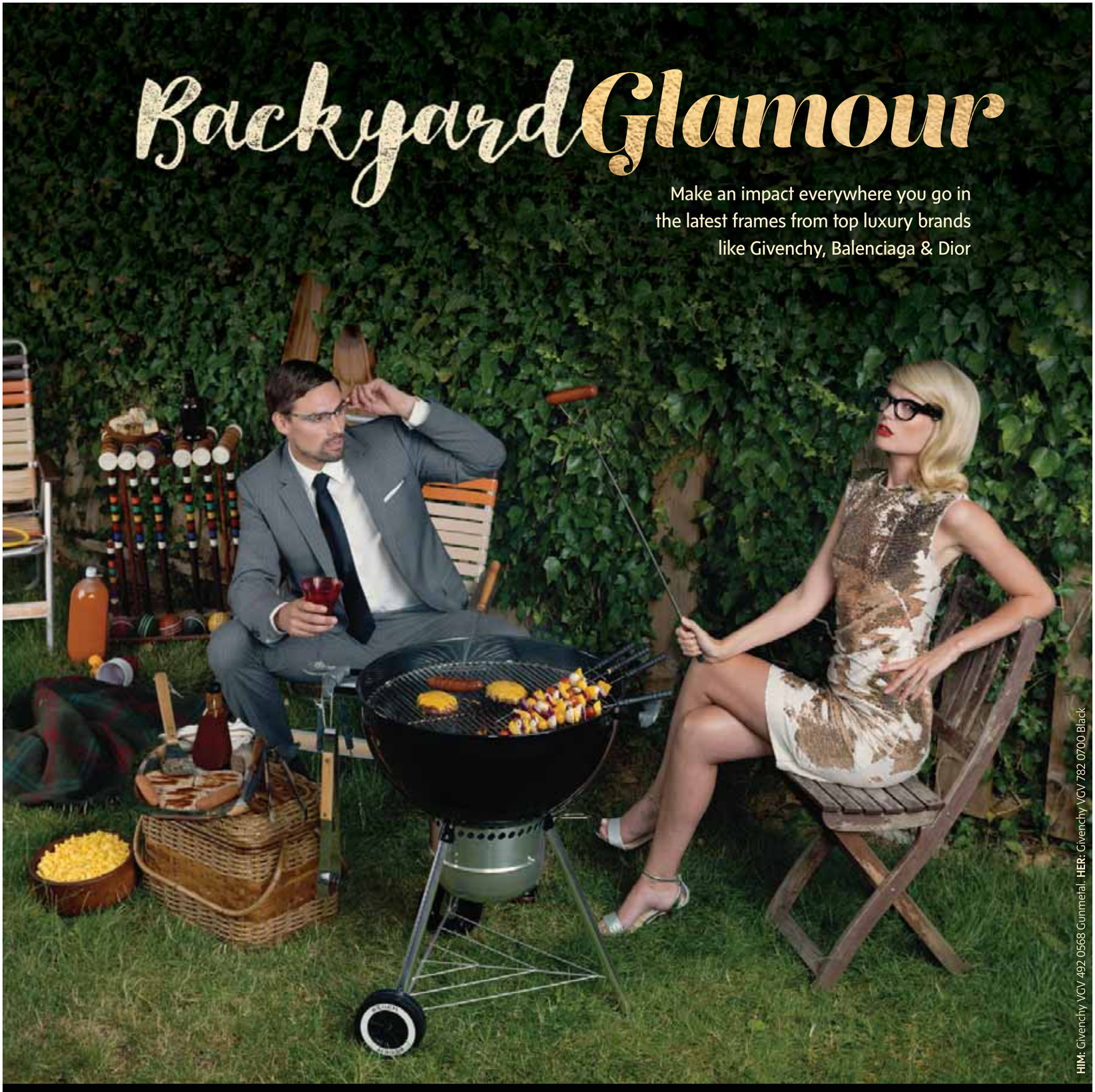
Backyard Glamour
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the latest frames from top luxury brands
like Givenchy, Balenciaga & Dior
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